

groupX

total body fitness
at almaden community center

Get Fit. Be Strong.

Your **ALL ACCESS PASS**
to as many of the exercise classes, fitness
room workouts and drop-in gym visits you
can fit into that busy schedule of yours!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Use the Fitness Room Everyday! Always Free for Group X Members S	9:15AM Light & Easy Gym S Lori Cutright	8:15 AM SPIN Studio <i>First come, first serve</i> Diane B	
9:15 AM Bootcamp Studio S Lori Cutright	9:15AM POWER SCULPT Studio Diane B.	9:15 AM Power Pilates Studio Lori Cutright	9:15 AM STEP CIRCUIT Studio Diane B.	9:15AM Dance Fit Studio S Lori Cutright	9:00AM ZUMBA MPR S Jill Dunkin
10:15AM Yoga Studio S Tuyet Simmons	10:15AM Restorative Pilates Studio S Kim Tavlör	10:30 AM ZUMBA Studio S Jill Dunkin		10:15AM Restorative Pilates MPR S Kim Tylor	11:00-12:30 PM Table Tennis CR Always Free for Group X Members
Mid-Day					
	12-2PM BASKETBALL Gym Always Free for Group X Members			12-2PM Fitness Room Access Always Free for Group X Members	1:00-3:30pm Ballroom Dance Studio (begins in April)
EVENING					
	6:15 PM Ujam fitness Studio Alternating Dominique/Lori S	6:00 PM SPIN is coming! Studio Staff		5-8PM VOLLEYBALL Gym Always Free for Group X Members	1:00-4 PM Badminton Gym Always Free for Group X Members
7:00 PM ZUMBA MPR S Jill Dunkin	7:00 PM POWER PILATES Studio S Tuyet Simmons	7:00 PM Power Sculpt Studio S Tracy D	7:00 PM Cardio-Fit Studio S Tracy D	\$39.00 a month for group X Access to ALL 4 City Centers includes the Fitness Rooms!	

Group X Memberships include unlimited access to all group exercise classes, Fitness Room, and drop-in gym for one low price.

S – Start Here! All classes are “work at your own pace” but these classes are great for those new to fitness or for the Active Older Adult looking for more.

Check out our Class Descriptions on back!

Citywide Locations:

Almaden, Bascom, Camden, Seventrees, Roosevelt

For ALL schedules go to: <http://www.sanjoseca.gov/prns/fitness/>

“Like” us on Facebook for class updates, special discounts and promotions
Go to... <http://www.facebook.com/#!/AlmadenCommunityCenter>

**Instructors
Wanted!**

Come join our team!



Update: for June 2012

Schedule, Formats, Instructors, subject to change. No refunds on memberships. Check Policies & Procedures prior to participation.
We observe SJ City holidays.

Parks, Recreation and
Neighborhood Services

ALMADEN Center

3 Months for \$75.00
One per member.

